



Distance Run

Week 3 Performances in Metres

1	Matt BROWN	SM	8449
2	David WILSON	M50	7954
3	Stephen WILLIAMS	M35	7828
4	James OZMOND	M45	7604
5	Andrew RUMSEY	M45	7467
6	Sara GENCO	W35	7463
7	Anthony ROBINS	M45	7354
8	Mark EVERETT	M35	7309
9	Philippa SHAWYER	W35	7150
10	Steve GOODMAN	M35	7065
11	Steve O'Connell	M50	6830
12	Louise AUSTIN	W40	6830
13	Suzanne JANES	W35	6741
14	Paul Turle	M60	6629
15	Steve ELSON	M55	6580
16	Maria EVERETT	W35	6402
17	Barry Telling	M60	6250
18	Jelena Davey	F45	6210
19	Darren HOLMES	M45	6098
20	Steve THOMAS	M50	6067
21	Kristina VARLEY	SW	5761
22	Steve TEENAN	M55	5640
23	Katie COLLINGWOOD	W40	5623
24	Mike TERRY	M65	5600
25	Chris SPARKES	M50	5600
26	Sharon TAYLOR	W50	5579
27	Richard SMITH	M55	5407
28	Jamie CURRIE	SW	5359
29	Anne Love	F45	5300
30	Alexandra STEVENS	W55	5150
31	Vanessa LEONARD	W60	5018
32	Karen BAKER	W55	4939
33	Mary CUSENS	W60	4580

Improvement

Week 3 Performance - Biggest improvers (or the least effort made in week 2!)

		Week 3	Difference in Metres vs Prev Performance
Maria EVERETT	W35	6402	468
Barry Telling	M60	6250	311
Anne Love	F45	5300	300
Karen BAKER	W55	4939	272
Andrew RUMSEY	M45	7467	247
Sara GENCO	W35	7463	221
Vanessa LEONARD	W60	5018	221
James OZMOND	M45	7604	217
Steve ELSON	M55	6580	210
Steve TEENAN	M55	5640	210
Matt BROWN	SM	8449	144
Stephen WILLIAMS	M35	7828	135
Philippa SHAWYER	W35	7150	130
Mark EVERETT	M35	7309	92
Steve THOMAS	M50	6067	81
Louise AUSTIN	W40	6830	71
Suzanne JANES	W35	6741	18
Mary CUSENS	W60	4580	10
Sharon TAYLOR	W50	5579	-70
Alexandra STEVENS	W55	5150	-160
Kristina VARLEY	SW	5761	-177
David WILSON	M50	7954	-236
Anthony ROBINS	M45	7354	-256
Mike TERRY	M65	5600	-274
Steve GOODMAN	M35	7065	-402
Chris SPARKES	M50	5600	-419
Darren HOLMES	M45	6098	-1155
Steve O'Connell	M50	6830	1st Run!
Paul Turle	M60	6629	1st Run!
Jelena Davey	F45	6210	1st Run!
Katie COLLINGWOOD	W40	5623	1st Run!
Richard SMITH	M55	5407	1st Run!
Jamie CURRIE	SW	5359	1st Run!

AWESOME WORK

SMASH IT NEXT WEEK

